

The Workbook

Every appendix from the book, in one file, ready to print. Nothing here asks for an email address — you bought the book, these are yours.

APPENDIX 1 **End-of-Part Review**

One per part — nine in all

APPENDIX 2 **My Habit Routine**

Blank template, plus a worked example

APPENDIX 3 **Habit / Task Check-Off Table**

Four weeks, two tasks a sheet

APPENDIX 4 **Journal Page**

Print as many as you need

PART _____ DATE _____

☐ 1. Have I carried out all the tasks in the chapters?

☐ 2. If applicable. Have I practised the methods?

☐ 3. Have I captured all of my work and thoughts by writing them somewhere?

☐ 4. Do I need to create any audios?

☐ 5. Have I got the most out of this part and its chapters, or do I need to revisit anything?

1. Congratulations on completing the next phase of your growth.

☐ 2. Carry out your celebration of that success.

☐ **3.** Visualise and enjoy that feeling of succeeding.

Free to print and copy for your own use

My Habit Routine

A routine is not built in one go — it accrues, a few minutes at a time, off the back of something you already do. Set out what you intend, then let it change as life requires.

ONE NEW HABIT — ANCHOR, TINY, CELEBRATE

Anchor it to something you already do without fail. Make it absurdly small. Celebrate the moment you finish.

AFTER I...	I WILL...	AND I CELEBRATE BY...

MONDAY TO FRIDAY

Morning

Lunchtime / midday

Early evening / work completion

Bedtime

My Habit Routine

WEEKEND

Morning

Lunchtime / midday

Early evening

Bedtime

MONTHLY REVIEW — LAST WEEKEND OF THE MONTH

While that is your organised plan, sometimes it changes because of life or other priorities coming along. If you have to change it, still do the process.

Steven's own routine

Not a prescription — an illustration of what one filled-in routine looks like after it has accrued.

MONDAY TO FRIDAY

Morning — before work, in my study or away

- Make masala chai
- Breathing exercise
- Depending on time availability — 5–15 minutes meditation
- 2–3 minutes purpose energiser

Lunchtime / midday — at home

- Take the dog for a walk
- Listen to self-talk audio / breathing exercises
- 2–3 minutes energiser

Lunchtime / midday — away from home

- 15–20 minutes walk in the local area / breathing exercise
- 2–3 minutes energiser

Early evening / work completion — approx. 20–30 minutes

- Review the day's progress
- Plan tasks for tomorrow
- Identify a point of gratitude
- Capture thoughts
- Give myself one piece of advice

Bedtime

- 2–3 minutes Gentle Wave Visualisation before sleep

WEEKEND

Morning

- 5-minute mindfulness or 15-minute meditation exercise
- Saturday dog walk — two audio self-talk exercises minimum, and breathing exercise
- Sunday dog walk — long walk. Just relaxing, no purpose exercises.

Lunchtime / midday

- Review my journal entries for the week that just passed
- Reimagine the visualisations I have entered that week
- 5-minute gratitude session
- Saturday — review of task progress. What learning can I take from it?
- Sunday — planning tasks for the week ahead, and a general review of overall plan progress

Early evening

- Saturday — 5 minutes visualising the next steps towards my Purpose End Destination
- Sunday — no purpose work

Bedtime

- 2–3 minutes Gentle Wave Visualisation before sleep

Habit / Task Check-Off Table

Four weeks to a page, two tasks to a sheet. Mark the day off when it is done, and write in what the reward is before you start — not after.

TASK _____

START DATE _____

								REWARD
Week One	1	2	3	4	5	6	7	
Week Two	8	9	10	11	12	13	14	
Week Three	15	16	17	18	19	20	21	
Week Four	22	23	24	25	26	27	28	

TASK _____

START DATE _____

								REWARD
Week One	1	2	3	4	5	6	7	
Week Two	8	9	10	11	12	13	14	
Week Three	15	16	17	18	19	20	21	
Week Four	22	23	24	25	26	27	28	

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